

Transcript: Sports at NUI Galway

- Sport is central to life at NUI Galway because it's a fantastic opportunity for students to get involved in a healthy activity, meet other people, get involved in fun and make friends for life. Through the clubs all ranges of abilities, from beginners to the very top and lead athletes are catered for. At the university we have a scholarship programme that tries to combine the performance elements that will help people to reach the top of their sport while at the same time earning a quality degree.
- It's not just financial assistance. They also offer nutritional support, sport psychologists and they make one-to-one personal training available for all of us.
- It's been great supportwise, in terms of being able to train in the gym, which is a top class facility and the swimming pool, the best probably in Galway and we have it on our doorstep, we're really lucky.
- Seeing as I play sport at a high level between matches and training I'd be busy 5 or 6 days a week, so it's not easy to have a job, to work, so the scholarship really helps me to get by.
- They're amazing to be able to facilitate me in combining my training and competing while also obtaining a degree.
- We already have a fantastic indoor arena with basketball courts, squash courts, two weigh rooms in it.
- The new gym is probably the best in the country I'd say, university-wise anyway. Whatever you need is there.
- We also have outdoor facilities on campus, where we have football pitches, hurling pitches, rugby pitches, artificial hockey pitch and a running track.
- The track out in Dungan is brilliant. It's really soft and bouncy so it decreases the risk of getting injured.
- And we have, luckily enough, a river running through campus where water sports were able to develop their training, so kayaking, rowing are really strong here and we're not far from the sea, so surfing and windsurfing are hugely popular sports too.